

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45	FE-2	UF1 payload status check
08:30–08:35	CDR	Calldown of ? ? ? data
08:35–08:40		Calldown of ? ? counter data
08:40–08:50		Checkout of ? ?0501 Gas Analyzer using ? ?3 Gas Meter control readings
09:00–10:00	FE-1	Physical exercise (TVIS)
09:30–11:00	FE-2	Physical exercise (RED)
11:30–12:30	CDR	Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTES: See OSTP for references to US activities

End of radiogram